

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – June 2012

OPGUIDE 8 UPDATE NOTICE!... The guide for managing pregnant and post partum Servicewomen has been updated to capture the true intentions of NAVADMIN 256/08. Post partum Servicewomen are not required to participate in the current Navy PFA cycle. For example: If a member's post partum period ends in Apr, the member is not required to participate in the Cycle 1 PFA (Jan-Jun), but is required to participate in the Cycle 2 PFA (Jul-Dec). Please see OPGUIDE 8 for additional guidance.

Readiness Waiver Template Update... The Readiness Waiver template in Operating Guide 13 has been updated to reflect ECH 3/2/1 vice ECH 3/2.

What is the policy for approving retroactive BCA Medical Waivers?... OPNAVINST 6110.1J is very clear that every member has the responsibility of addressing any unexplained weight gain during the medical screening process. Once the official test occurs, the BCA results are final. MTFs are not authorized to grant BCA Medical Waivers after a failure has already occurred.

What is the policy for approving retroactive PRT Medical Waiver? ... The CO has the authority to approve a retroactive PRT medical waiver if it is determined by medical that the illness/ injury which occurred during a PRT was the result of an emergency condition and not due to the member's lack of preparation. If it is determined that the illness/injury occurred because the member was out of shape, Operating Guide 5 provides instruction on how to annotate a PRT failure for each event if the member was not able to complete all or part of the test.

What if a member is injured before they are able to complete their PRT Bad Day? ... For this reason, it should be every member's goal to pass the PRT the first time. Operating Guide 1 states that if for any reason a retest does not occur the original PRT results will remain valid.

Tip of the Month!

Control your waist size! Studies are showing that a larger waist was associated with a higher risk of death across all measures of BMI, or body mass index, including people of normal weight and people who were overweight and obese.